

# COVID-19 Cloth Face Coverings Guidance

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## Wear Cloth Face Coverings to:

- Protect health in any public settings. (e.g., work place, grocery stores and pharmacies).
- Slow the spread of COVID-19 by keeping people who don't know they are infected from spreading it to others.

## Cloth Face Coverings Should:

- Fit snugly but comfortably against the side of the face.
- Be secured with rubber bands, ties or ear loops.
- Include multiple layers of fabric.
- Allow for breathing without restriction.
- Be able to be laundered and machine dried without damage or change to shape.



## Health and Safety Considerations:

- Wash your hands before and after putting on your cloth face covering and avoid touching your face and adjusting your mask with unwashed hands.
- Routinely wash your cloth face covering.
- Do not use on children under age 2, anyone who has trouble breathing or anyone who is unable to remove the cloth face covering without assistance.
- Do not use surgical masks or N-95 respirators – those should be reserved for healthcare workers and first responders.
- Still practice social distancing of six feet while wearing a cloth face covering.

## How to Make a Cloth Face Covering

- Cloth face coverings can be made from common household items such as a bandana, an old T-shirt or fabric.
- For more information on face coverings and instructions on how to make them, visit the Centers for Disease Control and Prevention website: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

### Protect Yourself and Others

- Stay home as much as possible.
- Wash your hands with soap and water often.
- Wear a mask and social distance in public.
- Avoid touching your eyes, nose and mouth.

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